

State of Mississippi

Mississippi Department of Agriculture and Commerce

Agriculture Fact Sheet Sweet Potatoes 2014



- 19,500 acres harvested in Mississippi in 2014 .
 - 3.51 million hundredweight produced in 2014.
 - \$96 million value of production in 2014.
 - Mississippi ranks #3 in the United States in sweet potato production.
 - Beauregard is the most popular sweet potato variety in the state based on acres planted, followed by Hernandez and Nancy Hall.
 - It takes approximately 90 to 120 days to grow a #1 size sweet potato.
 - Planting takes place in late May and June. Harvesting runs from late August through November.
- Mississippi hosts the National Sweet Potato Festival each November in Vardaman.
 - Sweet potatoes are an excellent source of vitamin A, vitamin C and vitamin B6. They are also low in sodium.
 - **NUTRITION INFORMATION (1 medium sweet potato)**

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|-----------------|---------|
| • Calories | 130 |
| • Calcium | 28.6 mg |
| • Protein | 2.1 g |
| • Fat | .4 g |
| • Carbohydrate | 32 g |
| • Dietary Fiber | 3.9 g |
| • Sodium | 17 mg |
| • Potassium | 266 mg |

Source: Mississippi State University

